



T H E

NEW

# FILLMORE

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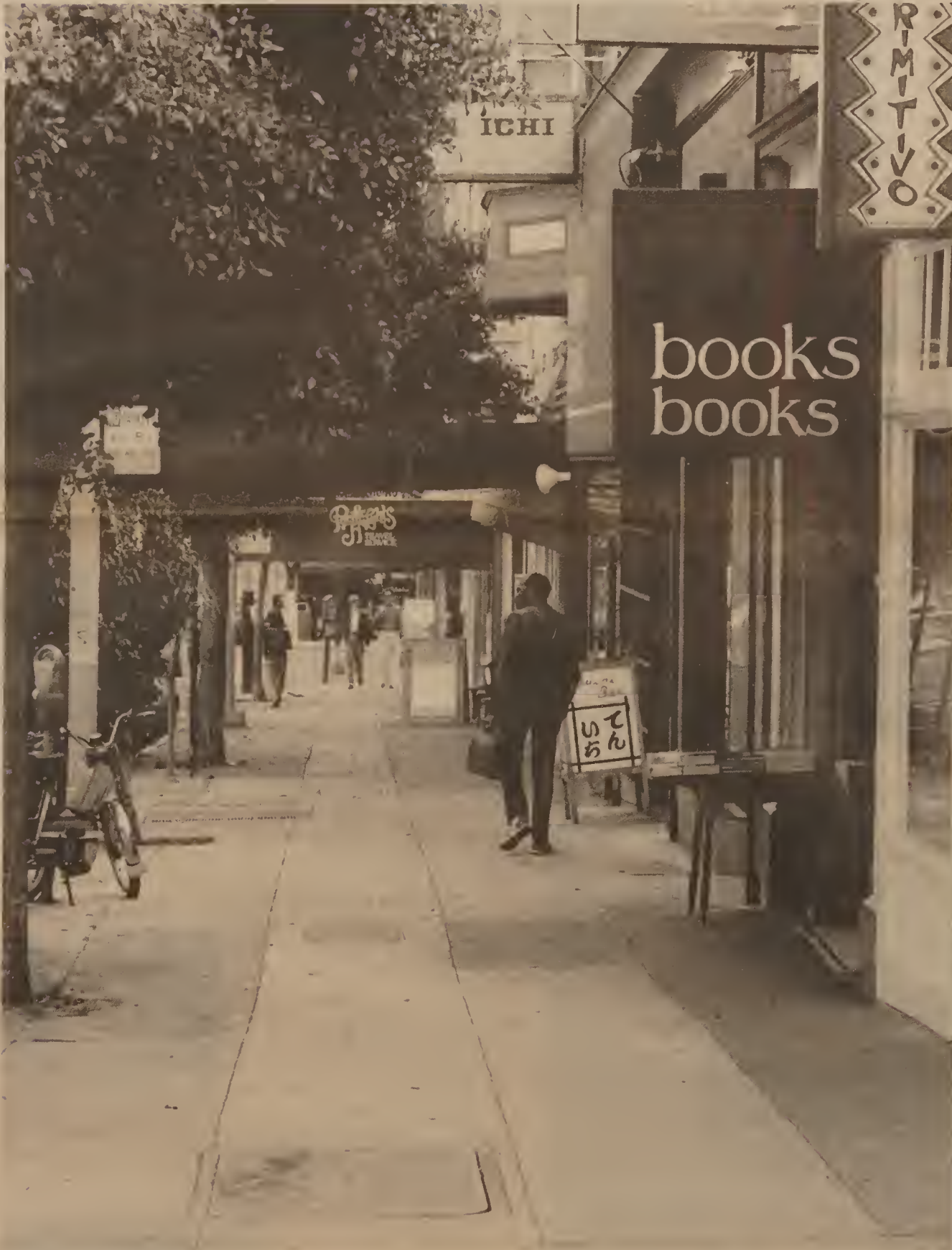


Photo-Caly Benvenuto

- ▶ Mother Teresa at St. Dominic's
- ▶ The New Fillmore's Emerging Gallery Scene
- ▶ "Adopting" Residents At Hillhaven's Nursing Home





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INSIGHT/JUNE 1987

## THE QUESTION ? WHAT IS THE QUESTION ???

by Anne Coffelt

After months of inquiring questions, this insightful photographer had exhausted all ideas for the June column, *et voila*, Eureka! I'd reverse the question. What would people ask, if they were in my place? As it turns out, several novices discovered what I've known all along, posing intriguing questions to perfect strangers, is a great way to meet men ... vice, not withstanding, versa. Now, how do you get them to pop the ?

### Gretchen Hillenbrand

(L.) Artist of the World

Rachel Windom

(R.) Graphic Designer

Residents: Pine at Webster



Gretchen: "What's your favorite book? This question started the longest relationship I ever had. His was *Zen and The Art of Motorcycle Maintenance*. Mine are Emerson's *Self-Reliance* and Dostoyevsky's *The Brothers Karamazov*. For example, you see this really cool person walking down the street and ask them what's their favorite book. If they say '*Changes* by Daniell Steele,' I'd become totally disillusioned." Rachel: "If you could be anywhere in the world, right now, where would it be and why? Having worked at Banana Republic, I used to ask people every day: Where are you going or where are you from, why are you visiting San Francisco, or why are you going to Kenya on safari? All too often, people go day by day, without thinking about their lives and what they are doing. Through travel, you learn by experience and become something different."

### James E. Knight, II

Production Specialist

Resident: Octavia at Union



"Are you a native Californian and if so, what do you like best and least about the State? Next, I would narrow the question to why people are living in San Francisco, and then find out how many were survivors of the Golden Gate Walk. From there, we'd discuss the Singleton debate, the U.S. judicial system and safe sex in San Francisco and the Fillmore area."

### Stephanie Miller

(L.) Kitchen Designer

Resident: Laguna at Vallejo

Joan Kadi

(R.) Pan Am Flight Attendant

Resident: Hayward



Stephanie: "Where are the people of the '80s and where can I find them? What's happening in San Francisco or what's happening where ever I am? If I answered, I'd say divorce. But to really find out, I'd ask the concierges of the major hotels and then go around town finding the most happening spots and maybe you (or I) would get lucky." Joan: "Why does San Francisco seem to be harder to meet men in, compared to other cities in the U.S. ? I believe most people would answer: Because there are a limited amount of men in the City, they are at a premium and there are more available women then men." (Here, we asked the first man who walked by to comment.)

### Earl Adkins

Publisher

San Francisco Focus

Resident: Russian Hill



"Why is it so hard to meet men in San Francisco? " (Speaking to the Inquiring Photographer, but referring to Joan.) Earl: "She doesn't have a tape recorder. ( To Joan) "See, if you had a tape recorder you could get a little more work done." Joan: "I don't want to work that hard. It seems like in New York, you don't have to try so hard and you don't need any props, you just walk down the street." Earl: "Is this the end of the interview? "

### Ratza Da Silva

(R.) Kitchen Psychologist

Resident: Oakland

(Shown with Julie Russell and daughter Yetta Rose)

"Do you believe in Miracles? I think that's an important question. I believe in miracles, I've experienced many of them. The latest was one in friendship. A person I didn't know really well became a good friend after one month of association. It was a miracle the way friendship blossomed."





## Community news briefs and not-so-briefs

### Pacific Heights merchants dissolve; Fillmore merchants absorb.

In a series of moves which probably represented the simplest approach to the *de facto* merger of the Pacific Heights and Fillmore Merchants, the Pacific Heights Merchants and Property Owner's Association has dissolved, and the Fillmore Merchants and Improvement Association has voted to take in the old membership as well as any non-member merchants in the area previously charted by The Pacific Heights merchants, namely from California up to Jackson.

Former members of the merchant's association coming in from north of California Street will be assessed a one-time membership fee of \$75 to pick up the \$680 liability of the former Pacific Heights merchants to the Fillmore merchants for the deficit on last year's street fair. As dues for the Fillmore merchants are \$40 a year and dues for the Pacific Heights merchants were \$80 a year, the new members from north of California will in effect be paying their regular dues one more year to wipe out the deficit before experiencing the lower dues of the Fillmore merchants.

### Kabuki 8 has summer movie program for kids.

The AMC Kabuki 8 Cinema will be running a special summer movie program for kids every Monday through Saturday from Monday June 22 to Saturday August 29.

At 10 am each day the theater will be running one PG and one G rated movie. Books of ten tickets will be sold for either the G or PG movie series. The movies will be new each week, providing a choice of 10 different films for both G and PG subscribers. A book of ten tickets costs \$6.50.

The program is designed to accomodate both individuals and children's groups. Individuals may use their tickets however they wish on Thursdays, Fridays and Saturdays. Mondays, Tuesdays and Wednesdays will be set aside for groups of 25 or more so that children may attend together. Anyone wishing further information can call 979-4316 or 386-8335.



Mother Teresa with Father Emerich Vogt of St. Dominic's Church, and a cloistered Dominican Sister. The Mother was at the church on Thursday, May 28 to officiate in the profession of vows for ten new sisters into her order of the Missionaries of Charity.

### Mother Teresa visits St. Dominic's

Mother Teresa graced St. Dominic's Church with her presence Thursday May 28 at 3:30 pm. officiating at the profession of vows for 10 new sisters of The Missionaries of Charity from the noviate here in San Francisco.

St. Dominic's extended the invitation to host the ceremony, and the Sisters of Charity accepted. For the last five years Father Emerich Vogt of St. Dominic's has been celebrating Sunday Mass for The Missionaries of Charity here, at their request.

ArchBishop Quinn of San Francisco also officiated at the two hour ceremony, and Mother Teresa spoke at its conclusion.

The Missionaries of Charity noviate here, which is on 29th Street, is one of only 6 in the world, and the only one in the western hemisphere for the order, which has between 2500 and 3000 members.

Mother Teresa, who has won the Noble Prize for her work and the work of her order amongst "the poorest of the poor," tries to attend as many of the first profession ceremonies as possible.

The invitation has been extended again by St. Dominic's to host the celebration next year, and it is expected that the invitation will be accepted.

### THE NEW FILLMORE

The New Fillmore is published monthly from Box 343, 2443 Fillmore Street, San Francisco, CA 94115. Tel. 931-0515. (You should see the size of the box!) David Ish, Editor and Publisher, Ginny Lindsay, Art Director, Carol Tolbert, Production Supervisor. We warmly welcome letters to the editor, articles, fiction, poetry and notions. All submissions, whether real or imagined, must be either about something happening in the neighborhood (or at least partially set in the neighborhood if it's fiction) or written by someone living here.

# "People can't believe I'm over 70."

"Dr. David Grekin filled in the wrinkles on my face, giving me a smoother, younger look.

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## Clinton Chevron's Car Care Tips

by Jane Clinton

### Time to give your car a pre-vacation check-up!

Getting ready to take your car on vacation? Before you do, it's a good idea to run down this pre-vacation check-up list:

**CONDITION OF TIRES:** Check pressure, tread, alignment, spare and operation of jack. If you have locking hub caps, be sure you have the KEY.

**COOLING SYSTEM:** If water is rusty, now is the time to do a flush and replace the thermostat and hoses. Keep those old hoses in the trunk for emergency repair.

**UNDER THE HOOD:** Check all fluid levels. Change oil if not changed recently.

**TUNE-UP TIME:** Proper carburetion, clean spark plugs and accurate timing will pay off in fuel economy and performance. Take advantage of the COUPON below.

**BRAKE INSPECTION:** Check for worn pads and shoes which can do extensive and expensive damage to rotors and drums if not replaced.

**LIGHTS AND TURN SIGNALS:** Check to be sure that all are working properly.

**PACK A "CARE" BAG FOR YOUR CAR:** Include jumper cables, jack, lug wrench, screwdrivers, 2 feet of lead pipe (for extra leverage on the lug wrench), spark plugs, points, rotor and condensor, belts and hoses (can be old), fuses and bulbs, tire gauge, flashlight, flares, service manual, extra set of car keys, and an empty gas can with spout. If your car is diesel be sure you have a couple of cans of diesel oil.

**WASHING AND WAXING** will improve air flow and increase gas mileage.

REMEMBER that EXTRA WEIGHT means EXTRA GAS, so when in doubt, leave it out!

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## Crime Watch

by Officer  
B. Vigil  
(Northern  
Station.)

For the month of May, in that portion of the neighborhood covered by Northern Station (Van Ness to Steiner and Geary to Vallejo there was a homicide, a rape, seven robberies, 17 assaults, 36 burglaries, 81 thefts and 27 auto thefts.

Some of the more serious crimes included the following:

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## Homocide

At 5:35 pm Tuesday May 5 officers responded to a report of a man being stabbed at 2121 Sacramento Street, and found the victim on the floor of his residence in a pool of blood. Paramedics arrived a few minutes later and pronounced him dead. The following day, as a result of pursuing evidence in the apartment a suspect known to the victim was arrested at his residence and taken into custody.

## Grand Theft/Pursesnatch

The victim was walking on Pacific Avenue near Fillmore Street at 4 pm Thursday May 14 when the suspect ran up behind her, forcibly removing her purse. He then fled down Pacific towards Steiner. Loss was \$10 plus miscellaneous personal items. The suspect was described as a 25 year old male with black hair and brown eyes, weighing about 175 lbs and wearing knee length shorts.

## Strong Arm Robbery

At 8:30 pm on Friday May 15 a victim was walking on Fillmore near Pine Street when the suspect approached him from behind. The suspect grabbed the victim, removing the victim's wallet from his back pocket. The suspect then fled on foot eastbound on Bush Street. The victim lost \$48 plus miscellaneous personal items. Suspect was described as a male in his mid thirties, about 160 lbs., black hair wearing a light blue sweatshirt with dark jogging pants.

## Safety Tip...

Two of the incidents described indicated that the suspects approached from behind. If you feel someone is following you, go to the nearest occupied store or residence and seek help.

## Monthly Community Meeting

Northern Station this month will conduct its regular monthly community meeting on Thursday, June 11, at 7:30 pm at 841 Ellis. Monthly community meetings are held on the second Thursday of every month, and provide an opportunity for our neighbors to come and discuss any thoughts or problems they have with Captain Thomas O'Donnel. If you'd like any further information please call us at 553-1563.

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# Community Art: The New Fillmore's New Gallery Scene

## A sudden blossoming of art galleries this spring

When art galleries appear in a neighborhood, it's like flowers blooming in a forest...there's already a complex environment fertile enough to support whole new dimensions of color and character. Since January 1987, the burgeoning Fillmore District is flourishing with a host of new galleries. Each one is distinct in decor and in the tone of art it carries. Not one competes with another in terms of style of art or artists represented. And all are an important addition to the entertainment scene in that they offer visitors the chance to be stimulated and educated by the works on display. Newcomers to the scene are the Bridge of Beauty and Primitivo on upper Fillmore Street, Mesa down on Bush Street, and the Duquette Pavillion on Geary Boulevard (see New Fillmore, May 1987). A relative newcomer on the fringes of the neighborhood is 3220 Sacramento Street, which opened in December of last year, and which tends to offer art and special events that promote or are for the benefit of world peace. These join the two more venerable and established fine art galleries that have been in the vanguard here for 7 and 1/2 and 25 years, respectively - the Hank Baum Gallery on Bush Street and the William Sawyer Gallery on Clay Street.

But why the New Fillmore? Many neighborhoods undergo a process of gentrification while never developing an "artsy" veneer as well as a restored one. Hank Baum speculates that "every area which evolves as an art scene is in itself visually interesting and has the characteristic of being an exciting place. The buildings and streets themselves attract people. And that it's walkable. South of Market was predicted as the next big scene but it is so spread out, it's never really lived up to the predictions, whereas the Hayes Street and Civic Center areas developed galleries and museums in a concentrated way. It's easily experienced in just a few blocks. The same is true for New York's Soho area. And it seems to be happening in the Fillmore."

Following is a guide to the established as well as the new art galleries in our neighborhood. And hopefully over the next year we'll be able to add to this list:

**MESA 2178 Bush Street (between Fillmore and Webster).** Phone: 921-3592. Open Wednesday through Saturday, 11:30AM - 5:30PM; Sunday noon to 5:00PM. This is the baby on the block. Owner Ron Megordon opened on May 7th and is still awaiting the lettering on his distinctive apricot colored awning with posts wrapped in bare branches. But he's already sold a painting and is ebullient over the response he's experienced from neighbors and followers of his Southwestern, Arizona-inspired abstracts. Formerly one of the ongoing featured artists at the now-defunct Farnsworth Gallery, Megordon went into partnership with Frank Masterson in order to showcase his own work, that of gallery manager Ellen Jacobson, and a range of painters and sculptors from the Southwestern U.S.A. Though 50% of Mesa's mostly abstract contemporary art is also from Bay Area artists, the general mood and colors that affect you whisper "desert" and "erosion" in the white walls, bleached-sand wooden floors and predominance of turquoise, greens, sunset and sunrise pinks, oranges and golds in the current exhibit. Megordon plans to change his shows every month and will be having his inaugural reception on the 27th of June.

**PRIMITIVO 2241 Fillmore Street (between Clay & Sacramento).** Phone: 563-0505. Hours: Tuesday through Sunday, 10:00AM 6:30PM. Walk past the window of Primitivo and you'll probably start smiling. Because this tiny gallery is alive with the hot, noisy colors of



The Hank Baum Gallery at 2140 Bush Street is one of the two established galleries in the neighborhood which have been precursors to the sudden emergence this spring of an exciting gallery scene.

canvasses crammed with street and market scenes, simplistic images of people and animals, and a childlike vision of the world. This is naive and folk art, collected by owner Kathleen Naython who travels throughout South and Central America as well as America's rural South to stock her store. "People tell me they're very happy this gallery has opened", says Naython as she explains the response that has put her ahead of her business projections since she opened on May 2nd. "Naive art is pretty, intellectually and emotionally accessible, it's cheaper, there's an immediate response. Most of my artists are self-taught, and many of them are retired. They paint what they see in the world around them. And they tend to use very strong colors, reminiscent of children's art."

**BRIDGE OF BEAUTY 2426 Fillmore (at Jackson),** Phone: 567-3811. Hours: Wednesday-Friday, 3:00PM-7:00PM; Saturday & Sunday, 11:00AM-8:00PM. From the gleaming display of crystals on a marble table in the window to the music from the hearts of space playing the background to the images of mandalas, shamans, and imaginary beasts in many of the artworks on display, you know that you are in a gallery devoted to the New Age. Bob Brock, owner and enthusiast behind this unusual space (on the site of the former Farnsworth Gallery), calls his focus, "visionary surrealism." This term was coined by Michael Bell, curator of the San Francisco Museum of Modern Art, and artists who define it are fascinated with nature, astronomical and mythological symbols. It's positivistic, takes you into a cosmic dimension by using mundane images - frequently of earth, air, fire and water, juxtaposed with the fantastic. Brock, who before opening Bridge of Beauty in January 1987 was managing a branch office for Coldwell Banker in San Bruno, is only interested in showing this type of art. He's developed a large roster of Bay Area and even national painters working with imagery which is often reminiscent of science fiction bookcovers, and the works range in price from the low hundreds to low thousands. Forthcoming show titles bear out popular themes of New Age devotees. The June display will be a collection of 23 local artists, called "Summer of Love - 1987, Visionary Surrealism in the Bay Area."

**HANK BAUM GALLERY 2140 Bush Street (between Webster & Fillmore).** Phone: 921-7677. Hours: From noon to 6:00PM, Monday through Friday; Saturdays by appointment. Find your way up to Hank Baum's wonderful loft on the third floor of a warehouse building that was formerly a garage to see contemporary art by painters such as John Ploeger (current show), Robert Motherwell, and other nationally known artists. Baum also offers the

largest collection of art on paper on the West Coast; over 5,000 prints, gouaches, pastels, watercolors and paintings. The space is vast and simple, with the added humor of a concrete floor still scarred, pitted and faintly delineated with parking stripes where cars once stained the floor with oil and transmission fluid. In the context of the surrounding art, the floor looks like it was dribbled by De Kooning or Jackson Pollock. Baum is a long-time gallery owner. Formerly a painter, he's been dealing art for 19 years, teaches art appreciation at U.C. Berkeley, and is dedicated to creating a solid environment for his painters. He has only six shows a year, preferring to leave the work up long enough for the artist to get plenty of attention. The current exhibit of works by John Ploeger will be shown through July.

**WILLIAM SAWYER GALLERY 3045 Clay Street (between Baker and Broderick).** Phone: 921-1600. Hours: Tuesday through Saturday, 11:00AM-6:00PM. Many people perceive William Sawyer as the grandfather of the San Francisco art scene. His internationally respected gallery of eclectic modern art has been established for over 25 years and he has launched the careers of many fine modern artists, like David Izu and William Dixon. Sawyer's is by far the largest gallery in the area, with two beautifully lit, oak-floored rooms and a sunny outdoor sculpture garden in which to sit and reflect on the collection of landscape, collage, realistic and impressionistic art you've seen inside. Though pleased that the Fillmore is developing as a neighborhood, Sawyer is not certain whether or not galleries will survive. "I was on Union Street for a few years but then it began getting all those cute little shoppie woppies. I knew that when a bath and candle shop opened next door, it was time to go. Fillmore Street is developing in the direction of boutiques and restaurants, but it's been my experience that the kind of people who like little gift shops are not going to understand, or be interested in, a tough, not very pretty art exhibit. At least, the kind of fine, serious art I have to offer wouldn't appeal to the average consumer." Shows at the Sawyer Gallery change monthly. He's currently featuring sculpture by David Izu and paintings by a number of different artists. Sawyer also publishes a terrifically useful pamphlet called the San Francisco Gallery Guide, which is distributed at his own and numerous other art galleries throughout the Bay Area.

Despite Sawyer's reservations, The New Fillmore does seem to be emerging with a fine array of art galleries, covering the spectrum from the naive to the serious.

—Leslie Harlib

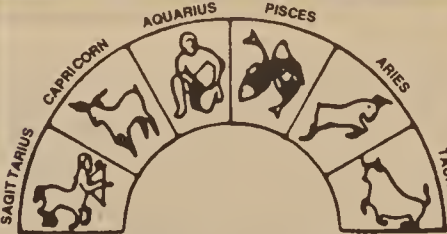





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## What's Happening: May & Mothers' Days



**The Merry Month of May Celebrates Mothers:** First, we had Mother Teresa at St. Dominic's, then Ye Gods! it's that national muckraking publication, Mother Jones Magazine introducing new editorial staff at the Henry S. Dakin Gallery on Sacramento St. (L.to R.) Don Hazen, Publisher; Janet Shenk, Senior Editor; Doug Foster, Executive Editor; Adam Hochschild, Chairman of the Board. - Photo Anne Coffelt.




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# Community Outreach: Hillhaven's Adopt-A-Resident Program

## Neighborhood nursing home puts high touch in health care

Taking care of sick and elderly people has become an increasingly cut-throat business, driven by mandated Medicare and MediCal requirements, shifting patient populations, shortages of funds, huge expenses, and just about every cost and competition squeeze you can think of. In this increasingly competitive milieu it is heartening to see a little old fashioned love and compassion still evinced in patient care in programs such as the Adopt-A-Resident Program at the Hillhaven Victorian Convalescent Hospital on Pine between Webster and Buchanan.

"Special caring relationships develop naturally between residents and staff," says Carol Montgomery, administrator for the 90-resident facility. "The Adopt-a-Resident program is a means of encouraging and formalizing these relationships."

The Adopt-A-Resident program is in essence an opportunity for members of Hillhaven's staff or the community at large to enter into a special relationship with a Hillhaven Resident and treat him or her like a member of the family, paying special attention to their needs, perhaps providing small gifts at Christmas time or on their birthday, stopping by to see them for conversations. Carol, who has adopted a couple of residents herself, makes sure one, who used to work as a lumberjack, is kept in the kind of bib overalls he likes, and that the other, who smokes, has a few cigarettes. But most relationships are of a non-financial nature.

"Sometimes it's even just touching someone," Carol says. "Some residents can't hold up much of a conversation. But they appreciate the physical contact."

Little things can indeed mean a lot to residents. Dave Wilcox, district director of Hillhaven's 9 facilities in San Francisco and Marin, recalled an incident a few years ago when a staff member had taken her resident for a walk and they had gotten caught in the rain. The resident was crying when they came back in and the administrator went over to see what was wrong, only to discover the resident was crying because she was so happy to have felt the rain on her face for the first time in seven years.

"Things we absolutely take for granted can be terribly important to these people," Dave says.

The Adopt-a-Resident Program comes out of a long tradition of cutting-edge healthcare practices developed by Hillhaven over its 31 years of existence. The nationwide nursing home chain has over 400 facilities and is the second largest corporation of its kind. It was a pioneer in the field of occupational therapy in nursing home care, and the first organization of its kind to have a special care unit specifically devoted to Alzheimer's disease. Hillhaven was hailed for its innovative practices with an article in Reader's Digest way back in the 1950's when the organization was still in its infancy.

The Adopt-A-Resident Program was adopted by Hillhaven four years ago to bring some high touch into a changing patient population that was clearly in need of a more conscious and deliberate reaching out by staff.

"A few years ago," Dave says "I could go out on the floor and dance the polka with three or four ladies on a Friday afternoon. That's just not likely any more." People ambulatory enough for the polka, Dave says, are now more likely to be in home care. A convalescent facility such as Hillhaven now tends to have more seriously ill residents—residents that hospitals used to keep until increasingly stringent MediCare and MediCal requirements severely limited allowable hospital stays they would pay for. Once these pre-set limits are exceeded these patients are then essentially mandated to convalescent and nursing home facilities where they remain unless they take a turn for the



Hillhaven Victorian Convalescent Hospital's food services supervisor Brenda Rufino kneels to chat with her adopted resident Maude Bounewitz.

worse and return to the hospital.

About 50 per cent of Hillhaven's staff have adopted one or more residents, and two former employees still have residents they've adopted whom they come back and see on a regular basis.

"It's an opportunity for support staff to have some direct contact with our residents," Carol says. "Members of the housekeeping and dietary staffs appreciate the opportunity through the program to be in contact with residents directly. There used to be a different attitude. If you saw someone from housekeeping talking to a resident it used to be thought of as malingering. Now it's quite the opposite—it's encouraged. It increases the quality of care. There are nice things that happen that I simply couldn't mandate in a job description."

The program at Hillhaven is coordinated through the facility's activities director, who keeps a list of the residents and lets interested staff members know who is and is not available for adoption.

The program is easily integrated into Hillhaven's daily routine for resident care, which begins at 8 am with grooming and dressing, coffee and T.V. in the lounge area at 10, followed by an exercise program led by bright and buoyant activities director Amy Hafsnud. Entertainment usually follows lunch, which is shared in a common eating area, and every 10 days or so the area van which is shared with the other San Francisco and Marin county facilities is available for outings such as picnics in the park or movies. The quality of care is reflected in the ratio of staff to residents—70 staff members to care for 90 residents.

Family members of residents as well as the residents themselves appreciate the little extra care the Adopt-A-Resident Program provides, according to Myroan Bonner, the facility's environmental service supervisor, who has also adopted two residents. "They like to know that there's somebody here looking out for them when they can't be here themselves," he said. "They really appreciate that."

What motivates a staff member to adopt a

resident? The opportunity for more personal contact, a relief from the routine of their usual work, ethnic bonds, a chance to share things in common, even bad habits, are all part of the mix.

"Our common bond was we knew we were not supposed to smoke, but we did," says Hillhaven's office manager Pat Wroten, about her relationship with a resident she adopted who recently passed away. Pat is now looking to adopt another one.

"It's an opportunity to take care of someone like a family member," says certified nursing assistant Evelyn Perez, who also has adopted two residents. "And it's an opportunity to have a change, and get out of your own ward."

Sometimes it may even be the fiercestness or cantankerousness of a resident that provides the motivation. When the program was first implemented, according to Paul Tunnel, Chairman of the Adopt-A-Resident Program for Northern California, many of the most ornery residents in facilities, the ones which administrators thought no one would be interested in adopting, turned out to have the most staff members interested in adopting them. "It seems they were perceived as being a challenge," Paul said, with a smile. "People apparently wanted the opportunity to win them over. And it usually worked."

Then there's Josephine Mangrobany on the dietary staff, who recently adopted Rosero Guadalupe. They have a bit of a language problem since Josephine is Hispanic and speaks Spanish and English, and Rosero is Italian. Why, after waiting three years, did Josephine suddenly decide to adopt a resident, and then someone she couldn't easily talk to?

"I just love her," Josephine said.

What might your motivation be? Hillhaven invites residents of the community at large to join with their staff, as they have at other facilities, in the Adopt-A-Resident Program.

Anyone who would like to participate should call Carol Montgomery at 922-5085.

—David Ish



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## Up and Down The Fillmore

by David Ish

Have to take exception to the Zagat review, mentioned in Ed Schwartz's column on the opposite page, of Jackson Fillmore. I've eaten there and think the food is absolutely terrific. Why do you think it's so crowded? Complaining about the crowd itself hardly seems fair, although I must confess I'm not all that big on crowds myself. I tend to sneak into Jackson Fillmore at odd hours (the hours can be even odder now that they've added brunch and lunch, see advertisement this page) like 5 pm, Sunday to avoid the crowds...well I had to say something, and since it's my paper I guess there's really no one around to stop me...I wish however that there were more people out there in the neighborhood that felt the way I do about saying something...about *anything*. Except for one note too embarrassingly complimentary to print from the Director of the Duquette Pavilion about last month's article on same, I haven't seen a letter to the editor for months. People talk to me a lot on the street about the paper, but nobody writes. Maybe letter writing is something that people just don't do anymore, but I would certainly appreciate knowing if there are any things out there in The New Fillmore that anyone cares to air about...or are we all that fat and happy? One thing I *am* happy about is that the drive to return to district elections is gathering momentum. It's a travesty of the democratic process to not have accountable grass roots representation on the neighborhood level on the Board of Supervisors. Right now, if you or I want to see if we could get some benches on Fillmore Street so people could sit down, who on the Board of Supervisors do we call? Do we go to the top of

the alphabet, or go to the Supervisor who won the most votes in the last election, or just what? There is no one on the Board of Supervisors charged with the responsibility of specifically representing the interests of Pacific Heights and/or the Fillmore District. District elections were originally voted in in 1976 as the result of a legitimate grass roots campaign on which a lot of people put in long hard hours. They were voted out in 1978 as the result of a carefully conceived flim flam in which the issue was raised by downtown business interests in an off-election and stated in such a way as to make you think you were voting for them when in fact you were voting against them. So now we are back in a situation where all the supervisors are elected at large, which means they all represent us, which means nobody represents us. Lacking any truly accountable voter base, they tend logically enough to represent instead the special interests of those who helped them underwrite the horrendous costs of getting elected in a city wide election. Carol Ruth Silver is an excellent example of this. First elected in a district election, she was a voice that represented a definitely left of liberal constituency. However when district elections ended and she was forced to seek big bucks for reelection, she had to turn to development money. Downtown interests, those brilliant people that so much have the interests of downtown at heart that they have succeeded in giving us a vacant Manhattan, are opposed to district elections because they know it will deliver a Board of Supervisors un beholden to their war chests. A District election makes it conceivable that you could get elected just walking up and down streets shaking people's hands and passing out flyers and posters—in short, get elected for conceivably even only tens of thousands of dollars instead of hundreds of thousands. Let's do it! Power to the people! Taxation without representation is tyranny!

There. That's my letter to the editor this month. How about yours?

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## Fillmore Food and Wine

by Ed Schwartz

### Customers rate Fillmore Restaurants

The Zagat Restaurant Guide is a publishing wonder; the New York guide sells more copies than all other restaurant guides put together. And, just this month, the Bay Area has a Zagat of its own.

I had the pleasure of editing the local Zagat Guide with Anthony Dias Blue, the noted wine and food journalist. It was even more interesting than fun, because it is a book "done" by readers, and our editing task was to convey a sense of the restaurant's virtues and flaws as noted by the public rather than the prejudices of one, or in this case, two dedicated restaurant goers. What was fun about it was that eating out seems to be the second favorite indoor sport in San Francisco. People called on the phone to give advice, suggestions or just ask questions like, "why aren't there any good Mexican restaurants in Mexico City, either! The question of why there aren't great Italian restaurants in San Francisco is harder to answer. There surely are great ones in Italy.

How the Zagat Guide worked -- Andy and I developed a long list of restaurants and that was added to by restaurateurs, wine writers, and food editors in the Bay Area. Advance publicity brought in many more suggestions. Survey sheets were prepared and critic/eaters were mailed the sheets, rating the restaurants on a point scale for food, service and decor; they also had a place to give a subjective rating as well space to write-in other restaurants. In the meantime the restaurant filled out detail sheets--times of opening, special features, etc.

Andy and I received computer printouts on each restaurant, with all readers' comments and that's what we based our thumbnail sketches on for the final draft. The Pacific Heights restaurants rated in the survey were, Cafe Majestic, Eichelbaum & Co., Elite Cafe, Jackson Fillmore, Osome, Pacific Heights Bar & Grill, Trio Cafe and Vivande Porta Via. Quotes within the review are readers' direct comments.

**Cafe Majestic** Stanley Eichelbaum used to be San Francisco's senior theater critic before he gave it all up to learn cooking and become a restaurateur; this, his second restaurant, serves quite good California/American food in an elegantly restored, Victorian atmosphere.

**Eichelbaum & Co.** Tiny "neighborhood coffee shop" that caters to an up-scale Pacific Heights clientele with a great breakfast and lunch menu that goes into the evening; "crowded, casual and good," this croissant cafe is not much in the looks department and sometimes exhibits surly service.

**Elite Cafe.** One of the Bay Area's first Cajun hot spots, the Pacific Heights, deco-style cafe is trendy, noisy and young; some reviewers doubt its authenticity and value, but the gumbo, blackened redfish and jam-packed oyster bar are a big draw.

**Jackson Fillmore** New "in-place" for large family-style portions of Southern Italian food; it has become a cult hangout overnight and is now stressed with long waits.

**Osome** Popular for sushi with skilled chefs and patient waiters; "Chef Toshi is a wild man; order from him at the bar," an old-timer, but still one of the best sushi-yas in San Francisco.

**Pacific Heights Bar & Grill** "Yuppieville," yes, but really good; one of the best selections of fresh

Continued on page 17

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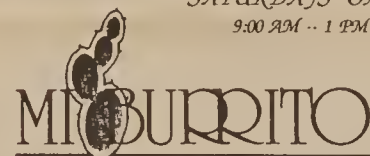
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## THE NEW FILLMORE: *After a Fashion*

by Kathi  
Wheater

## Sun Sports

Swimwear and sport gear are among the best examples of the strong influence of way of life on dress. Separates and sport clothes are truly American; leisure was practically invented here in this country after the turn of the century. Clothes evolved over the last hundred years from regular outdoor wear (which for sporty types or spectators was basically the same) to precise, delineated clothing for biking, swimming, windsurfing, race walking, tennis and on and on.

This year, the final assimilation has occurred - lycra bike tights have become the "shorts of the summer" and wetsuit material is the latest bathing suit trend. The two-piece and one-piece wetsuits for women are also sexy; large black zippers are attached at the sides or on the top front and hold together brights mixed with black in different combinations.

Bathing suits for men and women are a fairly

new "invention". Before the end of the 18th century, people bathed for cleanliness and sport, but they bathed naked. (You might say San Francisco's nude beaches are helping fashion get back to its roots). The bathing dress for women at the turn of the 19th century was made of colored calico, decorated with frills, and black bathing stockings completed the outfit. The bathing material for men was cotton jersey in blue and white or red and white stripes; but tight fitting triangular bathing trunks were also making their appearance.

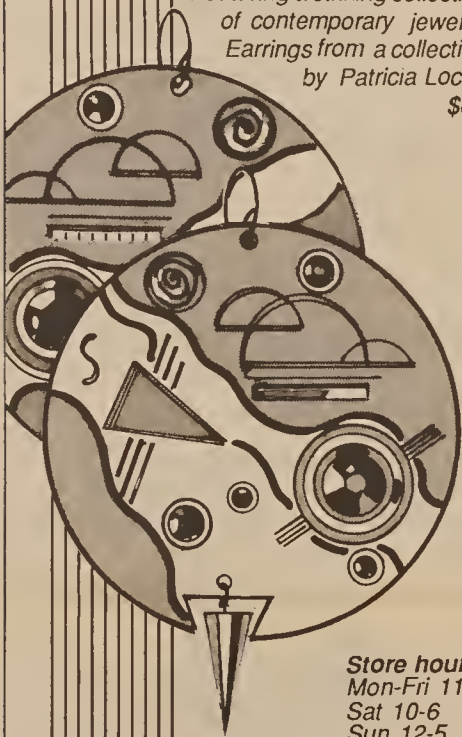
Around the beginning of the 20th century a modernized suit of woolen jersey material, the Regulation Suit, became popular because it fit better and was warmer. When it comes to warmth today, who cares? Not the suit designers, who create smaller and smaller triangles of cloth for men and one-or two-piece wrap and tie configurations for women. Less is best, and we turn to sunscreen and sunglasses for protection.

Sun shades are sleek, chic, and slimmed down to an angular shape this season. The understated lens tones are back - slate gray, seal black, earthy brown - matched with bright frames in extravagant colors, even available with crocodile trim (Christian Roth's crocodile frames for Optical Affairs were highlighted in

Continued on page 11

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## SUNWEAR

From page 10

May's "W Magazine" along with Claude Montana's slivers for Alain Mikli and Kenny Valenti's frosted frames).

The best sunglass collection on Fillmore Street is, of course, at INVISION, where they custom-match prescription shades as well. The staff here knows their stuff, and can offer advice on lens care and keeping, plus how to choose the right sunglasses as well.

What sunglasses should do is reduce the intensity of light (glare) including artificial light, and protect against ultraviolet rays. Harmful exposure to those rays can cause cataracts,

burn the cornea (the snow blindness skiers can experience) and damage the retina. Just like your skin, continuous exposure to the sun causes cumulative damage.

Some basic guidelines on choosing shades regardless of fashion: it's not the size or shape that's important; what counts is the lens' ultraviolet ray-filtering capacity. Check the glass quality because wavy lines can cause eye strain. Darker lenses are not always better; like a camera, the pupil adjusts to the light, and will open as it becomes darker. If improperly protected the dilated pupil is more vulnerable. Try grey, brown, green or amber (amber being especially good for skiers because it picks up certain tones to help define moguls). Think of your environment —eye care specialists say

at the beach, glare should be cut by 80%; 20% on city streets and 10% for artificial light.

This summer season demands sun protection in any outdoor sport. Good sunglasses and the right sunscreen start you off; the right stuff for your game, meaning the actual clothes, is left up to you. Outside of the extreme specialty clothes needed in some sports, you can find shoes, shorts, bathing suits and jackets right here in the New Fillmore. In purchasing your sport clothes, look for the extras: action-back pleats and buttoned side and sleeve pleats on shirts, plenty of pockets on gym shorts or walking shorts, plus no-mark rubber soles on boat shoes, collar and armhole attachments to keep out wind, and wide cut clothing that won't restrict movement.

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## Barbados: Everyone's Island in the Sun

I once visited an island at the extreme end of the *Lesser Antilles*, literally the outer edge of the Caribbean Sea. I wouldn't call it unspoiled since it is quite modern, but rather fixed in a marvelous and bygone era. It is home to an historic, diverse and colorful society that sees no reason to repair what is not broken.

The first Europeans to lay eyes on it were Christopher Columbus and his crew. Later the Portuguese utilized it as a blessed first land-fall for their merchants' many trips across the wide atlantic. They gave it a name-*Los Barbados*, the "bearded ones" in Portuguese, after a unique tree that grows here.

The "bearded trees" are not the only unique vegetation here. Unlike most of the other Caribbean islands, Barbados was formed by eons of coral build-up. This porous substrata has created a vast and extremely pure cistern of fresh water beneath the land. "It is this purification of any standing water that has given Barbados the reputation as the 'healthiest spot in the world.'" It is perhaps this environment that gave rise to so many beautiful and fabulously exotic flowering plants. I was literally stunned by the lined walkways and fragrant trellises everywhere I went.

The old world architecture and wide boulevards are not surprising when one learns that this island was first colonized by the British in 1627! The New Worlds' first college was founded here in 1702. The standards of British justice and free society were never better exemplified than in this little utopia, with the unprejudiced freedom granted former slaves when that unfortunate era passed. The sugar cane crop did not suffer because of this change and the African and European people mixed amicably to become the Bajan culture of today. Always prosperous and peaceful, Barbados was often called the "brightest jewel in the British Crown" before accepting their independence as a nation in 1966.

The people of Barbados; where do I start to describe them? First let me say that I've never felt safer, even late at night, even in Bridgeport, the capital. They seem a people that have roots in their various 'parishes' or counties. Generally comfortable economically but hardly striving, they do enjoy their pleasure. One common practice on weekends is to attend one of the jazz or night clubs and dance until the sun rises. They are also renowned for their intricate and colorful batik cloth. It is almost as if

they want to wear the beautiful vegetation that surrounds them everywhere.

One pleasure the Bajans take that I found a little disconcerting is their love for driving automobiles, and driving them fast! Away from Bridgeport, the roads wind through the cane fields, generally 1 to 1-1/2 lanes wide. An oncoming car, traveling approximately 60 miles

an hour, merely holds the center of the road until the last possible second, when it then veers sharply and briefly onto the shoulder of the road and back again, the cars missing each other by about a foot at a combined speed of 120 MPH. I didn't see any accidents while I was there, but I did spend a lot of time eating dust on the shoulder of the road!

It was while I was driving around the island that I happened upon a hotel, actually a converted Georgian mansion, Sam Lord's Castle. It was built in 1820 by this somewhat less than a gentleman. The source of Sam Lord's wealth was the subject of many a speculation and whispered accusation at the time. Following his death by natural causes (surprisingly) and

Continued on page 18

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## Putting Nutrition First

by  
Dr. Richard Kunin

### Does nutrition influence the immune system?

The immune system is comprised of cells contained in the blood, lymph nodes, thymus gland, spleen and liver. These cells cope with infection by virus, bacteria or foreign substances by clumping them with protein antibodies, dissolving them with enzymes or chemically inactivating them. This is accomplished in most cases at the expense of the immune system cells, i.e., they must be replaced. This calls for optimal amounts of cell repair substances, such as vitamins B12 and folic acid and nucleic acids derived in part via ribose and niacinamide. In addition, the antibodies produced by the immune system require optimal amounts of vitamin A, zinc and amino acids. The white blood cells produce hydroxyl ion, a toxic free radical capable of destroying bacteria but also toxic to adjacent body cells. These are protected if the antioxidant system of the body is fully supported at the cell membranes by vitamin E, at the mitochondrial level within the cells by

superoxide dismutase (which requires manganese and zinc), and in the intercellular fluids by vitamin C and free radical scavenging enzymes, such as glutathione peroxidase, which depends on selenium, and catalase, which requires iron for full activity. In addition, modulation of the helper cells (inflammatory) and suppressor cells (anti-inflammatory) depends on the ratios of substrate essential fatty acids upon which prostaglandin hormone synthesis depends. The synthesis of prostaglandins also requires a full complement of B vitamins, particularly B6, and mineral activators, such as magnesium and zinc. Niacin has the power, unique among the vitamins, to modify the immune system towards the anti-inflammatory. Because arachidonic acid from animal fat is a direct precursor of prostaglandin E2, and alpha linoleic acid, from linseed oil, is a precursor of prostaglandin E1, diets high in animal fat and cholesterol seem to predispose to inflammation while those high in vegetable oils and fish oils are more anti-inflammatory and anti-allergy.

Since many of these immune functions are dependent on hard-to-get nutrients, it is not surprising that most of us experience weakened resistance to infection and toxicity or

over-sensitivity to foreign substances, allergens, at times of stress. For example, the use of megadose vitamin A for a week after surgical procedures is known to prevent the drop in lymphocyte counts that otherwise appears. The use of vitamin C, B1 and cysteine is known to protect against acetaldehyde (a by-product of alcohol excess) and many other liver toxins.

The documentation of the importance of nutrient support of the immune system is already so vast that there is no doubt that this is one of the most important developments in orthomolecular nutrition. Since megadoses are an important part of this, it belongs under doctor's care.

*Dr. Kunin is a doctor of nutritional medicine who has his practice here in the neighborhood. He is also the author of two best-selling books on nutrition: Meganutrition, and Mega Nutrition for Women.*

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# Looking Good

by  
Elana  
Laub

## Rites of Spring

Spring is here and that means a time for change—a return to fresh, clear shades of make-up. Now is the time to experiment -- don't get stuck in the same look you've worn all year - or maybe too many years. The qualities we've come to expect in spring are clear and sheer. Now colors go softer-- pastels with a range of shade from neutral tones -- beige to brown to terra cotta -- to lively ripe pinks, peaches and corals touched with bronze and gold. Coral and pink are the newest accent colors to play off the neutrals. Colors are cleaner and clearer, though not necessarily brighter.

In foundations, go for the sheerest coverage possible. Dr. Renaud makes the lightest one I've seen. If your foundation isn't light enough, try mixing a little with your moisturizer. It's much less expensive than buying a new tinted moisturizer. Don't expect full coverage - instead, try to blend your tan and complexion tones naturally.

With a minimal foundation, well-blended cheeks are a must. No line of demarcation between the blush and the foundation! Keep the look understated and natural. You might even try pink over coral or beige over red -- or, to keep it simple, you could use a powder bronzer like "Earth Glow" and counter with either a pink or coral tone. Be sure to use "The Blender" to soften the whole effect. The "Blender" is a small paddle with lambswool that is the best tool for mistake-proof blending of blush and foundation.

Eyeshadows range from pastels to golds to smokey. The rule to remember is never match your eye make up to the color of your eyes! Both eyes and make up blend together -- not a look you want to achieve. Instead, use a shade that complements your eyes. Team brown eyes with fuchsia, rose or violet. Accent hazel or topaz eyes with pale green and/or gold.

Cake eye liner of the '60's is making a comeback in both neutrals and colors. It is used with water and a fine sable liner brush. But beware -- it will take practice to achieve a fine steady line.

Lip colors range from translucent colors to fresh fruit to clear reds. One of my favorite looks for spring is to use a lip liner pencil and a gloss in the same tone. This gives a well-groomed but not overly made-up look and still protect your lips from the elements. (As always, remember not to keep licking your lips -- it causes them to become dry and cracked.) If you want your lips to last longer, apply the lip pencil lightly over the entire lip before applying the gloss.

With everything this season toned down, you may feel a need for some strong color. The place to do this is the lips. Use clear red lipstick or lip gloss with strong but sheer color.

Nail colors in spring and summer can be soft or sassy. They can range from pale neutrals to brights to playful yellows, matte whites and pale pinks. Why not? They look great with a tan!

It's spring cleaning time! Throw out the old!

Get creative!

Go anywhere from delicate to outrageous -- but most important -- Have Fun !!!

All of the products recommended in "Looking Good" are available at all BEAUTY STORE locations (Fillmore Street and three others). If you have any questions, come by and our experts will point you in the right direction!

"Looking Good" appears monthly in The New Fillmore.

Elana Laub is co-owner and vice-president of BEAUTYSTORE.

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## The Interior Life

by  
J. D.  
Dangerfield

### Of Turkey Feathers, Tablecloths, Tissue Paper and Trompe L'oeil

Rich texture can finger from those voluptuous textiles discussed last issue, right up your walls. . . with trompe l'oeil. Pronounced phonetically as "tromp loy", this color texturizing for walls and furniture and other amenable surfaces has become so popular that if you have had occasion to visit either of the Decorator Showcases this month, you have undoubtedly been subjected to several good, bad and indifferent samplings of this time-honored and treasured artisans' delight.

Meaning "to trick the eye", trompe l'oeil is actually a very whimsical and enchantingly entertaining technique which, as of late, has more often than not been utilized in very formal designs. With its own affection for a bit of whimsy, the Regency period (1700's) loved to trick the eye. Ebonized wood and oriental designs were the order of the day. Coromandel screens, for example, were dismantled and used as pieces of furniture. It was during this period, additionally, that chinoiserie - lacquered furniture with painted scenes - was highly appreciated and in wide

distribution.

With its origins in Pompeii, trompe l'oeil was used to bring colors into court atriums and gardens. Pompeian red was generally used as a background with life scenes of the times-- goddesses cavorting at banquet tables-- surrounded by the ever-popular garlands on the borders. Marble patterns, too, were used as borders and eventually "resurfaced" during the Renaissance period. Used together with scenic trompe l'oeil were the fantasy finishes in trompe l'oeil. Pigskin, pumice, malachite, tortoise shell and even tiger's eye were replicated on doorway surrounds, baseboards, and crown moldings. This technique allows for a quality of light to breathe through the paint. Flat paint, alternatively, has no positive or negative space peeking through the pores of a surface.

How, did someone out there say, can this be achieved? Well, with a pounce! A positive

pounce, naturally. "Positive" refers to the application of a wet agent against a dry product. Negative, on the other side of the coin, refers to a dry material being applied to a wet surface. Anoline dyes - powdered dyes mixed with emulsifiers - are applied to a mottled, tri-colored base coat of paint. Now, this is where the fun begins! Pieces of tablecloths (lace, please) are drenched in anoline dyes and positively pounced on the base paint. Crumpled tissue paper, too, can be packed with a positive pounce and smacked against a dry surface. This manufactures a high degree of depth. Marbled veins are drawn into this surface with, you guessed it, turkey feathers. Turkey feathers are very sturdy and can withstand prolonged usage. It is through the investigation and study of this surfacing technique, for instance, that one can really appreciate and acknowledge the punch of

Continued on page 16

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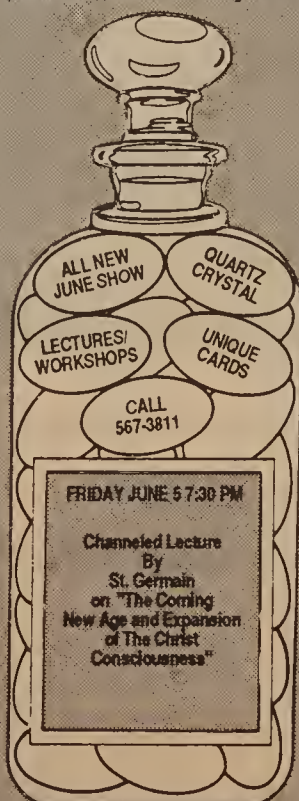
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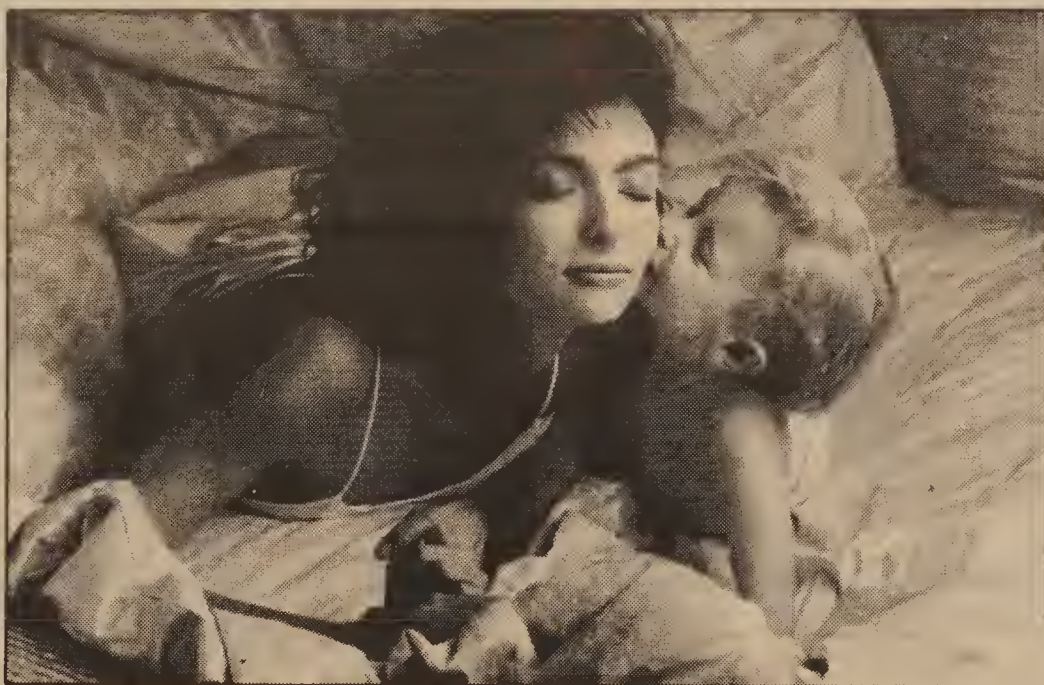
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## TROMPE L'OEIL

From page 15

creativity and imagination, as it produces a timeless source of beauty.

Necessity being the inimitable mother of invention, the Italians and French were experts in the art of trompe l'oeil due to the very real geographic scarcity of good and available wood. They would, for instance, take pine and make it appear to be a far more expensive and rare piece of burl wood. Venetians and Florentines were, equally, masters at painting furniture with a matte pastel finish and decorating it with garlands and thick gilded gesso.

If this writing sounds like I am a "trompe l'oeil-ite", it is due only to the fact that I had the very good fortune and pleasure of making the acquaintance of interior designer Cynthia Baron. Cynthia, whose motto is "live your fantasy", lives in a wonderful Eastlake Victorian home in Noe Valley. A student of the wonderful, ephemeral and romantic universal designs, Cynthia has been called by many of her clients "Fairy Godmother" - for she, indeed, transforms the ordinary into beauty personified. Two former clients, unbeknownst to one another, both gave her magic wands in honor of her timeless and magical talents. Cynthia's home is an adventure in trompe l'oeil. From one room to the next, the eye is treated to the most fabulous texturized artistry. Thick colors, appointed with skill and adroitness, reach out

Continued on page 17

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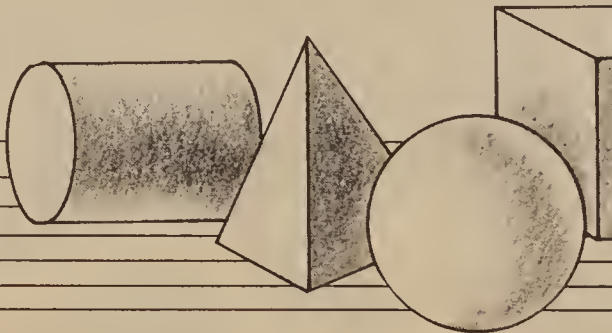
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## TROMPE L'OEIL

From page 16

and greet each guest.

Nearly ten years ago, before her summer tutelage at Oxford, Cynthia began adopting trompe l'oeil for her very own. Her office, from ceiling to floor, is a canvas of blue sky perfected by the talented Gene Peebles, who works exclusively in sky designs. The theme, sky at sunrise, creates a breathtaking and warmly inviting working space. With each room exhibiting a different technique in trompe l'oeil, Cynthia has truly captured the essence of liveable loftiness wherein living among the gods is as comfortable and practical as can be imagined, a "villa in the valley". Cynthia can be contacted through the new Collective on Utah Street, across from Butterfield's in San Francisco. Her space is appropriately called "Baron England." Don't miss it!

As with all good design, it can be bastardized unmercifully. There is, unfortunately, considerable bad and even fraudulent trompe l'oeil making its way into homes and offices. Good and bad in this arena is as far afield as Gustav Stickley and Sears & Roebuck. But, alas and never fear, this is not the death knell for trompe l'oeil. It merely identifies the need to do beautiful things well, which is precisely what Joanne Day at the Day Studio Workshop here in San Francisco propounds to her students. A protegee of Isabel O'Neil in New York, Joanne Day has accepted the torch and now carries on Miss O'Neil's work as the definitive doyenne of painted finish. Her production of excellent video cassettes as well as her classes across

the country now brings this fine and fabulous art to a diverse and loving body of students. The studio was founded over ten years ago and provides a rich and classical window into painted craftsmanship. A definite must for the individual interested in the art of beautifying.

Texture...dimension...color...ornamentation... incorporate these elements into your overall design scheme and you are assured to achieve a very personalized and appealing style for your own vizcaya ("elevated place"), be it home, home-away-from-home, or office.

*J.D. Dangerfield is an interior designer and owner of Le Temps Perdu, an antique and vintage consignment store on Divisadero.*

## ZAGAT

From page 9

oysters and seafood in San Francisco; "I was surprisingly impressed--not a typical San Francisco cafe; the food is special;" check out the pastas and the interesting Sunday brunch.

**Trio Cafe** Open for breakfast and lunch, this Pacific Heights spot charms many with its fresh, homemade sandwiches; besides tables, it has a stand-up counter for a quickie lunch.

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Continued on page 18

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**Question:** My wife and I have put most of our income for the past 30 years into our home. I am retired now and we would like to do some traveling that our fixed income does not permit. Do you have any immediate suggestions?

**Answer:** You can spread your travel payments out, up to 20 months on the American Express Sign and Travel Plan. Just call your American Express office or travel agent for these privileges. You can also go to your bank officer and ask about low interest rate home equity loans. Either of these avenues should put you on any trip you and your wife have been dreaming about.

**Question:** I have a store in this area, and would like to know if you think a small shopkeeper like me really needs a business consultant.

**Answer:** By necessity, small business owners usually rely on their own initiative and energy to build an idea into a profitable business. But every business owner has a limit to his or her expertise, and when the business is in need of expertise beyond that limit, that's the time the owner should consider seeking the advice of a consultant.

Consultants specialize in many areas of concern to small business owners, such as management development, market research, and financial planning. Although all companies are unique, these advisers encounter similar problems in all fields of business and industry. Whether the small firm is having difficulty planning for succession, evaluating and hiring personnel, or arbitrating internal differences, a consultant frequently can offer invaluable assistance. However, an outside consultant is most effective when employed in a plan to ward off future problems, rather than in an attempt to remedy current difficulties.

Thank you for your questions! Please address your questions about money, finance or general business to:

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## MORE ZAGAT

From page 17

That's what our readers thought. My own feelings are pretty even with the reviews and I consider mine useful if, for no other reason than I've eaten in every one of these restaurants at least three times. I think the Jackson Fillmore the most controversial of the reviews. I happen to like the food more than the reviewers, except I found it frustratingly hard to get into when it first opened and so it dropped off my list. But, not surprisingly, restaurants change a great deal; for example, I didn't like Harry's Bar and American Grill when it first opened, but I had lunch there the other day and it was very good.

Just for the record, the top 10 Bay Area restaurants for food were: Masa's, Miramonte, Donatello, French Laundry, Fresh Cream, Campton Place, Chez Panisse, Rose et Lafavour, Mandalay(!) and Le Castel.

O.K. That's a take on the Zagat Guide. It's a handy little gem, fits in the pocket and is perfect to send to a foodnik.

Just \$8.95 at bookstores. Incidentally, if you want to be a reviewer in the 1988 Zagat Guide, we'd love to send you a survey form. Write to Zagat Guide, 45 West 45th Street, Room 609, New York, NY 10036.

## BARBADOS

From page 12

the opening of his house and grounds to outsiders, the truth of those accusations became all too apparent. The man was a pirate, a "wrecker" as it was known in those days, and a very good one at that! By planting coconut trees in geometrically correct lines and patterns on his beach front, then hanging lanterns in those trees every moonless or stormy night, he

lured many a ship straining to find Bridgeport, and safe harbor, onto the reef that lay just off his beach. Walking along that beach, among the fortification doubtlessly built to ward off any desperate counter-attacks by the survivors of those doomed ships, I felt the chill and excitement of the era of the buccaneer. A different emotion was created by the interior of the castle. I was awed by the splendor of the furnishings collected over a lifetime of selecting only the finest loot. I remember most vividly the paintings; so many portraits of 17th and 18th century ancestors, and none of them Sam Lord's! It was as if, with a hall full of portraits, he could make himself respectable.

After leaving that wonderful hotel, I drove to the rugged eastern shore, the Atlantic side of the island. Great towering cliffs and pounding surf were reminiscent of the Cornwall coast in England. Continuing around the island I discovered the Red-Leg Parishes. Here, the original Scots settlers have kept up their plantation homes and ways, a literal architectural walk into the 19th century. Many here have benefited from the tourist trade by erecting modern luxury hotels along this section of the beautiful warm Caribbean coastline.

Before long, however, I was drawn back to the excitement of Bridgeport. You see, the sun had long since set and the jazz clubs were starting to fill up; I wanted to get a good table if I was going to be up all night dancing to the rhythmic beat of the Bajans' unique Caribbean music.

*Susan Campos is Vice-President of Pacific Heights Travel.*

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## Great Old Houses # 14



2212 Sacramento, an 1895-96 house for big formal parties. —Marcus Colombano photo

High above the sidewalk, 2212 Sacramento's serene Georgian façade overlooks the busy modern street as if the rich men's neighborhood of its youth had never changed. It displays a lovely half-round porch and thoroughly satisfying proportions. The three sizes of columns and pilasters are tapered; their capitals are Ionic (scrolled corners) on the porch and elsewhere a kind of Corinthian (taller, with foliage). The second floor has a fine ensemble of curvaceous balustrade and Palladian window.

This visual treat's architect was A. Page Brown, who led San Francisco's architectural fashions into Neo-Classical and designed the Ferry Building. No relation to City Hall architect Arthur Brown, Jr., Page Brown (1859-1896) had trained under New York's architects of beauty McKim, Meade & White, and had his own office there. Sponsored by the widow of railroad magnate Charles Crocker, Brown came to San Francisco in 1889, and his driving ambition and captivating social ways soon won him a very large practice. He employed such other talents as Willis Polk, Bernard Maybeck, Charles Rousseau, William Knowles and Frank Van Trees.

An architectural drawing and description of 2212 Sacramento ran in the Chronicle August 22, 1895, mostly matching what was built and exists today: walls "12 inches thick...an effective approach...Italian renaissance order...spacious vestibule in native marble...double-landed staircase...large marble fireplaces...hard woods of different varieties...sitting-room over the main entrance." It predicted two bedroom suites upstairs and one major room in each corner of the main floor. Call-bell labels identify these rooms as, clockwise from right front, the Library (in burl redwood), French Room ("drawing room" in 1895), Music Room (with musical motifs), and Dining Room (oak paneled). The large central hall is mahogany.

Construction cost about \$35,000 to Richard Edward Queen, a businessman and investor

who gave memorable parties here. He had first appeared on the San Francisco scene about 1883, aged 28, as president of the California Fig Syrup Company, which sold a sweet laxative. Queen later managed Cosmo Commercial Company, then Golden Gate Advertising. He died in 1924 while on a world tour. A faithful son of the Catholic Church, he willed them the house, keeping life interest for his relatives.

In the forties and fifties the building was Hawley

Manor Guest House. Such boarding houses peppered the neighborhood then. Miraculously, the house and its interior survived, though battered and vandalized. The present owners fell in love with it 30 years ago. They repaired 83 damaged windows, replicated stolen hardware, removed the 10x4 foot wood-burning stove, and defied a crane falling through the roof during high-rise construction next door. Real preservationists!

—Anne Bloomfield

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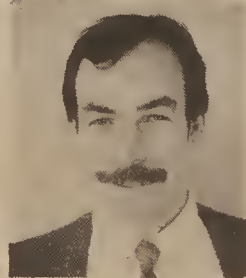


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Victorian Square Attic  
1756 Fillmore 563-4276

eggcentricity  
1848 Fillmore 931-1848

**HEALTH CARE:**  
Pacific Presbyterian  
Medical Center  
2320 Fillmore 563-4321  
Victorian Convalescent  
Hospital  
2121 Pine 922-5085

**HOME DECORATING AND FURNISHINGS:**  
Color Scheme  
2047 Fillmore 346-0700  
Fillmento  
2185 Fillmore 931-2224  
LeComfort Bath Shop  
2105 Fillmore 922-2929  
Heartland Quilts  
1801A Fillmore 931-7622

**KITCHENWARE:**  
Rush Cutters  
2505 Sacramento 922-5100

**LIQUOR:**  
Bi-Rite Liquors:  
2066 Fillmore 346-1400  
Family Spirits  
1761 Fillmore 567-9710  
Mondaines Liquor  
1758 Fillmore 346-3226

**MARKETS & SPECIALTY FOODS:**  
Grand Central, Petrini's  
Meats, Viglizzio Deli  
2435 California 567-4902  
Weldon's Market & Deli  
1981 Sutter 563-0190  
HasBeans  
2411 California 563-0226

**MATERNITY:**  
Expecting The Best  
1905 Fillmore 931-1010

**MEN'S CLOTHING:**  
Bolla  
1903 Fillmore 346-3131  
The Producer  
2133 Fillmore 931-5000

**OFFICE SUPPLIES:**  
Brown Bag  
2000 Fillmore 922-0390

**PETS:**  
Pets Unlimited  
2343 Fillmore 563-6700

**REAL ESTATE:**  
Keynote Properties  
1801 Fillmore 563-5900

**RESTAURANTS:**  
Alta Plaza Bar & Grill  
2301 Fillmore 921-4646  
Burger King  
1701 Fillmore 346-1888  
Chesnut Cafe  
2016 Fillmore 922-6510  
DePaula's  
2114 Fillmore 346-9888

**RESTAURANTS(Contd.)**  
Harry's  
2020 Fillmore 921-1000  
The Hillcrest  
2201 Fillmore 563-8400  
Jackson Fillmore  
2506 Fillmore 346-5288  
La Mediterranee  
2210 Fillmore 921-2956  
La Posada Restaurant  
2298 Fillmore 922-1722  
Leon's Bar-B-Que  
1911 Fillmore 922-2436  
May Sun Restaurant  
1740 Fillmore 567-7789  
Mi-Burrito  
1947 Fillmore 563-3509  
Pac.Heights Bar & Grill  
2001 Fillmore 567-3337  
**SHOES**  
Algebra  
2115 Fillmore 921-7711

**THRIFT STORES:**  
Goodwill  
2042 Fillmore 931-1750  
Next To New Shop  
2226 Fillmore 567-1627  
Opportunity Shop  
2028 Fillmore 563-9703

**TRAVEL:**  
New Century Travel  
1730 Fillmore 922-6688  
Pacific Heights Travel  
2211 Fillmore 931-8000  
M & K Travel and Tours  
2050 Fillmore 346-6788

**VACUUM CLEANERS**  
Clean Machines  
1724 Fillmore 346-8227